

Answers for Aging

June, 2014

Special points of interest:

- Happy Father's Day!
- Men's Health Month
- TARCOG Work Program
- Month of June
- Safety in the Sun
- Banner of the West
- Upcoming Events

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Happy Fathers' Day—June 15

"F" aithful
"A" lways there
"T" rustworthy
"H" onoring
"E" ver-loving
"R" ighteous
"S" upportive



"My father didn't tell me how to live; he lived, and let me watch him do it." ...C.B. Kelland

June is Men's Health Month

The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

Men's Health Week is celebrated each year as the week leading up to and including Father's Day .





Pictured above are SCSEP participants, who work at various jobs at Council on Aging. From left are Joe Petty, who works with food preparation and readying the meals on wheels; Mardra Connor, who works as office aide; and Sam King, who provides janitorial services for the Athens Sr. Center.

Senior Community Service Employment Program (SCSEP)

Unemployed persons who are 55 years of age and older and who meet certain income restrictions are being given the opportunity for training in part-time job assignments with several of our community service organizations. This program is locally sponsored by the Top of Alabama Regional Council of Governments (TARCOG), our Area Agency on Aging. Funding for SCSEP comes from Senior Service America, Inc., a non-profit organization that provides civic engagement and employment opportunities for adults over the age of 55.

Among the many advantages of the program is the promotion of economic self-sufficiency, and the provision of useful opportunities for developing skills and gaining valuable work experience.

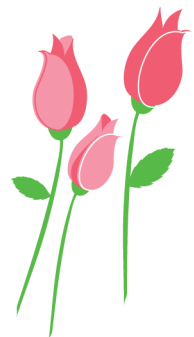
After a participant has been determined eligible to participate in SCSEP, they will be interviewed to determine job interests, current skills and past work and volunteer experience. Based on the information they will be assigned to a community service assignment. The Host Agency is a 501 © (3) not-for-profit or government agency. After spending some time in the new assigned job, the participants will meet with the Project staff to design an Individual Employment Plan. This plan includes the establishment of goals such as training, etc. that will prepare the participant to actively seek future employment opportunities.

For more information about SCSEP, contact TARCOG at (256) 830-0818 or at 5075 Research Drive NW, Huntsville, AL 35805.

The Month of June....by N. Parker Willis



“It is the month of June,
The month of leaves and roses,
When pleasant sights salute the
eyes
And pleasant scents, the noses.”



Guidelines for Fun in the Sun



Summer can mean fun in the sun; however, many of us are unsure how to protect our skin from solar radiation (harmful ultraviolet rays—UV rays). How long does it take the sun's rays to affect our skin? The following are some guidelines:

- 5 minutes—time it takes your scalp to sizzle. (The scalp is one of the fastest places to burn.)
- 15 minutes—time it takes sunscreen to kick into action.
- 18 minutes—time it takes a fair-skin person to develop a second-degree sunburn on a bright day.
- 20 minutes a day—how quickly you can get a sunburn on a gray day. (80% of UVA rays can pierce cloud cover.)
- 20 minutes—time it takes unprotected eyes to get sunburned.
- 20 minutes—how fast skin can get damaged from the sunlight passing through a window.
- 80 minutes—maximum time you can go without reapplying sunscreen if you're swimming or sweating a lot.
- 3 months—how long it takes everyday sun exposure to break down collagen, the protein responsible for a firm, smooth complexion.
- 5 years—how long it can take someone who frequents tanning beds to develop skin cancer (the UV rays from those bulbs can be up to 12 times as strong as the sun).

Over the past few decades, scientists have shed light on the different types of ultraviolet rays and their toll on skin. The most common form of solar radiation, UVA, penetrates deeper layers of the skin. These rays are responsible for tans and premature aging, such as wrinkles and brown spots. UVB rays, on the other hand, primarily affect the skin's outermost layer, causing visible sunburns. Despite these differences, UVA and UVB rays have one thing in common: Both have been shown to cause cell mutations that lead to skin cancer. **AVOID THEM !!**

For more info, see www.sunsafetyalliance.org

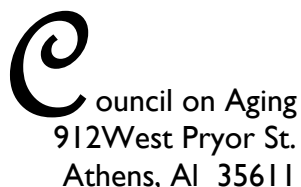
New incidents of skin cancer, the fastest growing cancer in the United States, are now estimated to exceed 1.3 million cases this year.

Flag Day—June 14

“A flag appears ‘mid thunders
chairs,
The banner of the Western land.
The emblem of the brave and
true.”

...John Phillip Sousa





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NUTRITION CENTERS

Athens...(256) 233-6412
East Limestone...(256) 230-2829
Elkmont...(256) 732-4777
Owens...(256)-230-2753
Tanner...(256)-230-6400

ACTIVITY CENTERS

Ardmore...(256) 423-2099
Goodsprings...(256) 232-0813

Come join us at any of our centers. They provide opportunities for socialization, education, recreation, and the nutrition centers serve noon meals Monday through Friday. Call the center nearest you for information about various activities and programs.

The Limestone County Council on Aging's program utilizes available resources to empower older adults to enhance independence, personal satisfaction, vitality and the ability to enrich the quality of life for themselves and others. Working closely with TARCOG, the Area Agency on Aging, and various local agencies, COA provides information, referrals, and services for the elderly (age 60 and older) which include the following:

Transportation
Nutrition Centers
Meals-on-Wheels
In-home services

SHIP/Medicare Part D
SeniorX program
Legal assistance
Volunteer Opportunities

Services under the Older Americans Act are provided without charge, regardless of income. Participants are encouraged to contribute according to their means. All contributions are used to continue the programs.

Upcoming Events

Senior Picnic Planned and Sponsored by Foundation on Aging Board Members!

Limestone county seniors, mark your calendars for Saturday, June 7th and reserve the hours from 9:30 A.M. to 1:30 P.M. to enjoy this **FREE** event organized with you in mind!

The picnic will be held at Swan Creek Park (located just south of the Athens High School) and lots of fun activities are planned. Come prepared to participate in a cake walk, and lots of games including B-I-N-G-O, Corn-Hole, Football Toss and

others.

The menu will include hamburgers, hotdogs, drinks, and other refreshments.

Please RSVP by calling COA at (256) 233-6412. (It will be very helpful to the board members if they have a good idea of how many will be attending.)

